

Seeds form in capsules or pods where flowers bloomed. Collect seed from spent flowers that are left on the plant when seed capsules or pods have browned and dried.

Remove chaff by threshing, screening or winnowing.

When seeds are fully dried, store in an airtight container. Herb seeds remain viable for 2-3 years when stored properly, but are best used the following year.



## CREDITS

<https://www.seedsavers.org/genovese-basil-organic-herb>

<https://www.seedsavers.org/cilantro-organic-herb>

<https://www.seedsavers.org/dill-bouquet-organic-herb>

<https://www.seedsavers.org/epazote-organic-herb>

<https://www.seedsavers.org/genovese-basil-organic-herb>

<https://www.seedsavers.org/empress-of-india-nasturtium-flower>

<https://www.seedsavers.org/parsley-giant-from-italy-organic-herb>

<https://www.seedsavers.org/learn#growing-guides>

[https://www.johnnyseeds.com/herbs/mint/common-mint-seed-831.html#q=mint&lang=en\\_US&start=1](https://www.johnnyseeds.com/herbs/mint/common-mint-seed-831.html#q=mint&lang=en_US&start=1)

**RPLMN.ORG/SEED**



Plan a seed.

**Backyard Bounty Urban Homesteading Meetup**

*History Center*  
of Olmsted County



## HERBS

**Basil "Genovese"**

(*Ocimum basilicum*)

**Cilantro**

(*Coriandrum sativum*)

**Dill**

(*Anethum graveolens*)

**Epazote**

(*Chenopodium ambrosioides* reclassified as  
*Dysphania ambrosioides*)

**Mint**

(*Mentha* spp.)

**Nasturtium "Empress of India"**

(*Tropaeolum minus*)

**Parsley "Giant from Italy"**

(*Petroselinum crispum*)



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## HOW TO GROW

Plant basil, epazote, mint and parsley seeds indoors, 4-8 weeks before last frost. Sow seeds just under the surface of the soil. Germination generally occurs in 1-2 weeks when soil is continuously moist, but not soggy.



Direct sow cilantro, dill, and nasturtium seeds outside. Keep soil moist.

Carefully acclimate/harden off seedlings before transplanting to garden or containers when outside temperatures are 50°F or above. Space plants 6-12 inches apart.

Picking leaves regularly encourages growth. Herb flavor diminishes when plants flower, so pluck off flower stalks as they form until late summer, then allow them to grow and form seeds.

## HOW TO HARVEST

All leaves of these herbs are edible. The flowers of nasturtium and dill are also edible. Wash leaves before eating.

## HOW TO EAT

Use fresh basil for pesto and add along with parsley to many cooked dishes that include tomatoes. Basil is used in many Indonesian dishes.

Cilantro is used in Asian and southwestern or Mexican-style food. Use when making salsa.

Dill is often used in potato dishes and the seeds are essential to pickling cucumbers in the U.S.

Epazote is used in southwestern and Mexican-style bean dishes.

Mint is used frequently in Asian cooking and also in teas and desserts.



Pickled nasturtium seeds may be substituted for capers. Leaves and flowers add a peppery flavor to salads. Use flowers to flavor vinegars.

Parsley is used in many dishes, it adds a fresh flavor to soups and salads.

## HOW TO SAVE SEED

### RATING: EASY

Most herbs are perennial or reseeding hardy annuals that will regrow from their own scattered seed the following year.

No cross-pollination is possible between herbs on this list, however, if you grow additional varieties, be sure to use precautions if saving seeds.

After herbs bloom, they produce seeds that can be saved.